Allergenics
Health Assessment Services

Client Test Report

Report Prepared for

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Food and Environmental Sensitivity Assessment

Contents

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Important Test Information

Food and Environmental Sensitivity Assessment

Thank you for choosing our testing service for your food and environmental sensitivity assessment. Before you continue reading through this report, we would like to share some important information with you regarding the differences between allergic reactions and sensitivity or intolerance reactions. This will help you to better understand your results and the explanations in the report that follows.

When we consume anything that makes us feel unwell, or are exposed to anything in our environment that causes distress to our body, we automatically assume that we have an allergy to it. These reactions are however not always due to allergy. Allergy is a specific immune-based reaction to anything that we are exposed to which our body cannot tolerate. The reaction is usually immediate (within 30 minutes) and involves a special subset of immune antibodies called IgE. These antibodies trigger the release of histamine, giving all the classic symptoms of allergy i.e. swelling of the lips, mouth and throat, skin rash, itching, hives and respiratory symptoms. These symptoms can vary in intensity and in extreme cases may lead to anaphylaxis, which could be fatal. Some allergic reactions are more delayed and occur up to 48 hours after exposure to the substance. These reactions may be immune-based or a non-immune physiological reaction. The immune-based delayed reactions usually involve subsets of antibodies called IgG or IgM and symptoms may be varied and include skin reactions, headaches, fatigue and gastrointestinal symptoms such as bloating, flatulence and constipation and/or diarrhea. Non-immune responses involve one or more physiological reactions that are not yet fully understood. Currently there are no conventional testing methods that are able to detect the causes of these sensitivity reactions and they go largely undiagnosed.

The Allergenics testing method uses a unique energy measurement technology that can detect disruptions to normal energy patterns in the body. Each substance that we eat or that we are exposed to in the environment, has a particular energy pattern that can be measured. If a particular substance causes a stress to the body, its energy pattern changes and these changes can be detected and recorded. This allows us to very quickly ascertain which substances are causing distress to our bodies and whether or not the stress is an acute (short-term) phenomenon, or chronic (long-term) phenomenon.

Please note:

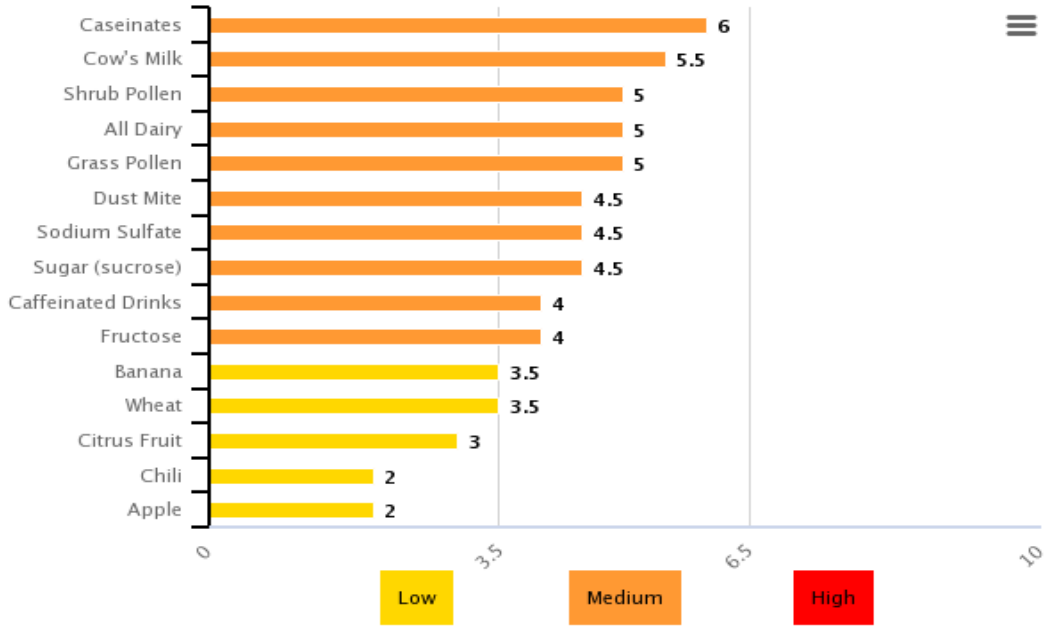
- The Food and Environmental Sensitivity Assessment is not a medical test. It does not provide information on classic immune-based allergic reactions. It is a natural health test that utilises energy technology to provide information on food and environmental sensitivities and intolerances.
- Foods that one has been avoiding in their diet prior to doing this test may not show up as reactive, or may show up at a lower reactivity level.

What we test for

Animal Proteins	Beef, Chicken, Egg - Whole, Egg Yolk.
Bacteria	Staphylococcal Bacteria, Streptococcal Bacteria.
Beverages	Alcohol, Beer, Caffeinated Drinks, Cocoa/Chocolate, Coffee, Tea, Wine.
Dairy Products	All Dairy, Caseinates, Cow's Milk, Goat's Milk, Lactose, Sheep's Milk, Whey.
Environmental Compounds	Acrylic Paint, Chlorine, Detergents, Diesel, Dust Mite, Fabric Softeners, Feathers, Flower Pollen, Grass Pollen, House Dust, Mixed Grasses, Mixed Pollen (Flower, Grass, Shrub), Moulds, Natural Gas, Oil Paint, Paint Mix, Perfume/Aftershave, Petrol - Leaded, Petrol - Unleaded, Pine, Plantain, Sheep's Wool, Shrub Pollen, Tea Tree, Tobacco Smoke.
Fish	Fish.
Food Additives	Amaranth, Benzoic Acid, Erythrosine, M.S.G, Phosphoric Acid, Ponceau Red, Salicylic Acid, Sodium Nitrate, Sodium Nitrate/Nitrite, Sodium Sulfate, Sodium Sulphite, Tartrazine.
Food Colours	Food Colours.
Fruits	Apple, Apricot, Banana, Citrus Fruit, Coconut, Grapes, Kiwi, Mango, Mixed Berries, Mixed Berries (Blueberry, Raspberry, Strawberry), Nectarine, Papaya, Pawpaw, Peach, Pear, Pineapple, Plum, Strawberry.
Grains	Barley, Corn (Processed), Gluten, Oats, Rice (white), Rye, Spelt, Wheat, Wheat (white flour), Wheat - (wholemeal).
Miscellaneous Foods	Black Pepper, Salt.
Nightshade Foods	Capsicum, Chili, Egg Plant, Nightshade Foods, Nightshades, Paprika, Tomato.
Non-Nutritive Sweeteners	Aspartame, Saccharin.
Nuts	Almond, Brazil Nut, Cashew Nut, Macadamia Nut, Mixed Nuts, Peanut, Pecan Nut, Pistachio Nut, Walnut.
Seeds	Sesame Seed, Sunflower Seed.
Shellfish	Shellfish.
Soy	Soy Bean, Soy Sauce.
Sugars	Fructose, Honey, Sugar (sucrose).
Vegetables	Avocado, Brussels sprouts, Carrots, Celery, Corn (Fresh), Courgette, Cruciferous vegetables, Garlic, Kumara, Legumes, Mushroom, Onion, Peas, Pumpkin, String Bean.
Viruses	Cytomegalovirus (CMV), Epstein Barr Virus (EBV).
Yeast and Fungi	Candida Albicans, Mixed Candida.
Yeast and Yeast-based Products	Baker's Yeast, Brewer's Yeast, Yeast.

Your Results

Food and Environmental Sensitivity Assessment - Acute Sensitivity



The Acute Sensitivity scores for your Food and Environmental Sensitivity Assessment are explained below:

Score	Sensitivity Level	Score Evaluation
0 - 3.5	Low Acute Sensitivity	Scores within this range indicate low acute intolerance to a particular food, beverage or environmental compound. Symptoms may or may not be present. We recommend consuming the food or beverage 1 day in every 2. Try not to consume reactive foods on the same day.
3.6 - 6.4	Medium Acute Sensitivity	Scores within this range indicate moderate intolerance to a particular food, beverage or environmental compound. Symptoms may be present. We recommend consuming the food or beverage 1 day in every 4. Supportive supplementation may be required. Try not to consume reactive foods on the same day.
6.5 - 10	High Acute Sensitivity Intolerance	Avoid completely. Retest in 6-9 months Scores within this range indicate intolerance to a particular food, beverage or environmental compound. Symptoms are usually present. Recommendation: For food sensitivity scores in this range, we recommend eliminating the food from your diet and retesting in 6 - 9 months. Note: If you are eliminating a major food group for a period of time, please ensure that a suitable replacement is selected. Please see the individual profiles in this report for more information.

Caseinates

Casein, or caseinates, are a group of proteins found in mammalian milk. They are the main proteins found in cow's, sheep and goat's milk, A1-beta-casein being the most predominant. Besides it's presence in dairy, caseins are used in many other food and non-food products as a binder.

Intolerance to casein is not common and when it occurs, may be due to a lack of enzymes required to digest the A1 beta-casein in dairy. Symptoms associated with this include abdominal discomfort, nausea and bloating shortly after consuming products with casein. Other symptoms include nasal congestion and increased mucus production. Chronic symptoms may also include skin rashes, eczema and urticaria. In some cases, A2 beta-casein containing dairy products (A2 milk) can be used as a substitute where sensitivity to casein in regular dairy is a concern.

Cow's Milk

Intolerance to cow's milk and cow's milk products can take several forms and the reaction may be immediate or delayed, depending on how much of the milk has been consumed. The intolerance reaction can be to either the lactose component of dairy or to one of the many proteins, usually whey and casein, present in cow's milk.

Milk protein intolerance is characterised by delayed reactions, and can include vomiting, diarrhoea and the worsening of the symptoms of asthma and eczema.
Intolerance to the lactose component of cow's milk is known as lactose intolerance. This usually occurs due to the absence of the enzyme lactase which helps to break down lactose, the sugar found in cow's milk. Symptoms include diarrhoea, vomiting, stomach pain and flatulence shortly after consuming the dairy product. These symptoms may resemble a dairy allergy but the skin and respiratory symptoms are usually absent. Dairy products in which the lactose has been partially fermented (and thus reduced), such as cheeses and yoghurt, may be better tolerated by many lactose-intolerant individuals.

Note: If following a dairy-free regime, please ensure that your calcium intake from other dietary sources is adequate and meets the recommended daily intake level for your age group. Alternatively, calcium supplementation needs to be considered.

Shrub Pollen

Shrub pollen mostly causes seasonal allergic rhinitis (hay fever). The timing of the symptoms will depend on the type of pollen, which varies considerably from region to region. Where there is sensitivity to perennial allergens as well, the rhinitis may persist all year, but get worse in the pollen season. In some people certain foods can heighten sensitivity to pollen. Certain foods eaten in higher quantity in summer can produce symptoms that may resemble hay fever. Allergy symptoms present as hay fever and rhinitis and may quickly progress to involve itching of the throat, swelling and itching of the eyes, post-nasal drip, excess mucus production, coughing and wheezing. In cases where allergen avoidance is difficult, desensitisation therapy is recommended.

All Dairy

Intolerance to dairy and dairy products (cow, goat, sheep) can take several forms and the reaction may be immediate or delayed, depending on how much of the milk has been consumed. The intolerance reaction can be to either the lactose component of dairy or to one of the many proteins, usually whey and casein, present in milk. Milk protein intolerance is characterised by delayed reactions, and can include vomiting, diarrhoea and the worsening of the symptoms of asthma and eczema.

Intolerance to the lactose component of dairy is known as lactose intolerance. This usually occurs due to the absence of the enzyme lactase which helps to break down lactose, the sugar found in milk. Symptoms include diarrhoea, vomiting, stomach pain and flatulence shortly after consuming the dairy product. These symptoms may resemble a dairy allergy but the skin and respiratory symptoms are usually absent. Dairy products in which the lactose has been partially fermented (and thus reduced), such as cheeses and yoghurt, may be better tolerated by many lactose-intolerant individuals.

Suitable Alternatives to Dairy and Dairy Products include:

- Soy Milk (including soy butter, soy yoghurt and soy cheese)
- Rice Milk (including calcium- and protein-enriched forms)
- Oat Milk
- Almond Milk
- Coconut Milk
- Lactose-free milk (only if lactose intolerant)
- Soy Infant Formulas
- Hydrolysed and Amino Acid-Based Infant Formulas

Note:If following a dairy-free regime, please ensure that your calcium intake from other dietary sources is adequate and meets the recommended daily intake level for your age group. Alternatively, calcium supplementation needs to be considered.

Please note that eggs are not a dairy product.

Grass Pollen

Grass pollen mostly causes seasonal allergic rhinitis (hay fever). The timing of the symptoms will depend on the type of pollen, which varies considerably from region to region. Where there is sensitivity to perennial allergens as well, the rhinitis may persist all year, but get worse in the pollen season. In some people certain foods can heighten sensitivity to pollen. Certain foods eaten in higher quantity in summer can produce symptoms that may resemble hay fever. Allergy symptoms present as hay fever and rhinitis and may quickly progress to involve itching of the throat, swelling and itching of the eyes, post-nasal drip, excess mucus production, coughing and wheezing. In cases where allergen avoidance is difficult, desensitisation therapy is recommended.

Dust Mite

Dust mites are too small to be seen with the naked eye. They are eight-legged, sightless insects that feed on the dead skin cells we all shed. Most people who are allergic to dust mites are actually reacting to the dust mite faeces, which release allergens very rapidly. Dust mites are a part of our environment and are extremely difficult to eliminate. Since they are entirely dependent on humidity for water, they tend to live in places that 'store' moisture, including carpets, sofas, mattresses and clothing. As humidity levels fall, dust mites dig deeper into these sanctuaries, where there is more moisture. Maintaining a clean and dry environment will help to eliminate dust mites but even in very dry conditions, it may take months for dust mites to die and for their allergens to dissipate.

Sodium Sulfate

Sodium Sulfate (Additive: 514) is used in the soap and detergent industry. It is an important ingredient in powdered soaps and laundry detergents. It is also used in the production of textiles and paper.

Sulfate intolerance is common and can trigger topical skin reactions in sensitive individuals. Reactions include a rash and itching on exposure to the compound.

Sugar (sucrose)

Sugar (sucrose) refers to all forms of commercially available table sugars or baking/cooking sugars. This includes white, brown and raw sugar. All these sugars contain high levels of sucrose and their nutritional values are almost identical. The only difference is in how they have been processed. The most processed is white sugar and the least processed is raw sugar. Cane and beet sugars are the most commonly available forms of sucrose (table) sugar.

Sugar sensitivity or intolerance is quite common . This adverse reaction to sugar can cause many symptoms depending how much is consumed. Moderate to excessive consumption of sugar could lead to sugar intolerance. In children, symptoms of sugar intolerance include: rapid weight gain, resistance to insulin, loss of control over child's appetite, fatigue, joint pains, muscle cramps, forgetfulness, confusion, irritability and hyperactivity. Sugar may interfere with a child's thinking process by depleting neurotransmitters. In adults, sugar intolerance can lead to similar symptoms as well as sugar storage syndromes.

What to do as a parent? Sugar intolerance is no easy feat with to deal. Sugar can slow down your child's ability to absorb minerals and vitamins and it can weaken the immune system. The sudden surge of energy that your child may feel after taking sugar in fact leads to an imbalance in the chemistry of the body. It affects the rate of your child's metabolism, reducing the capacity of their body to absorb healthy nutrients from their food. If you child is sugar intolerant, try to maintain strict control over the amount of sugar that your child consumes.

Sugar may also be addictive. The more you consume the more you will crave it. Do not go for other artificial sweeteners as a substitute, as they are toxic in nature. To cope with your child's propensity to eat sugar, incorporate low glycaemic (sugar) fruits into their diet such as apples and pears. Read labels carefully and avoid all sugars as much as possible. Sugars can be labelled as any of the following: Dextrose, Maltose, Fructose, Lactose, syrup, concentrated fruit juice, honey, molasses, corn sweeteners and any variation of these names.

- Suitable alternatives to table sugars include Agave syrup, honey, maple syrup, xylitol, erythritol and Stevia.

Caffeinated Drinks

Caffeine allergy is becoming more prevalent due to the increased consumption of high-caffeine foods and beverages. Caffeine is present in coffee, tea, commercially available energy drinks and chocolate. Due to the adrenalin effects of caffeine, allergy to this substance is not readily detectable. It may initially present with symptoms of a skin rash or hives, oral-allergy syndrome (itching and swelling of the mouth, tongue and throat) and sneezing. This may later worsen and include heart palpitations, hyperventilation, fainting and chest pain. Caffeine may mask many of the normal allergy symptoms experienced in a individual due to its marked effect on adrenaline production. Over time, mild caffeine allergy may also trigger alterations to neurotransmitter function and contribute to mood and sleep disorders

Caffeine intolerance is also becoming more prevalent and is more common than caffeine allergy. Symptoms include diarrhoea, nausea and bloating shortly after consuming the substance. Other immediate symptoms include anxiety, agitation, palpitations, sweating, a sensation of a lump in the throat, brain fog and mood changes. Due to the addictive nature of caffeine, the psychological symptoms associated with caffeine intolerance may be quite marked

Fructose

Fructose is a sugar found naturally occurring in fruits, fruit juices, some vegetables and honey. Fructose-rich foods include fruit juices, apples, grapes, watermelon, asparagus and zucchini. It is also a constituent of sucrose (normal table sugar). Fructose intolerance is more common particularly to refined or processed fructose sugars. Intolerances may arise when the body is unable to absorb fructose efficiently. Some symptoms associated with this include abdominal pain, diarrhoea and flatulence a shortly after consuming these sugar or fructose-rich foods.

An increased amount of fructose in the diet may also put additional stress on the body to break down this sugar and on the liver to metabolise it, resulting in incomplete breakdown and metabolism of this sugar. This may lead to storage of these sugars and further sugar intolerance.

If you have tested reactive to fructose then you may need to avoid or restrict the following foods as well: high-fructose corn syrup, honey, Agave syrup, invert sugar, maple-flavoured syrup, molasses, palm sugar, coconut sugar, sorghum.

Suitable alternatives to fructose include Stevia, xylitol sugar and erythritol sugar.

Banana

Intolerance to banana is common and may present with a variety of symptoms in different individuals. Symptoms of intolerance may be digestive or immune or a combination thereof. Symptoms of digestive intolerance to banana include indigestion, belching, bloating or abdominal discomfort shortly after consuming the fruit. Symptoms may be delayed making it difficult to identify the cause. Symptoms normally improve once the fruit leaves the body. Symptoms of immune intolerance include mucous build-up in the nasal passages, throat and lungs. Immune intolerance to banana may make sinusitis, nasal congestion and asthma symptoms worse.

Wheat

Wheat is a common allergen and contains more than 80 different components that may cause a negative reaction. A classic food-allergy to wheat includes a rash which appears shortly after consuming the food. A more delayed subtle-onset reaction such as post-nasal drip, sinus congestion, brain fog or joint aches may also occur one to three days after eating wheat.

Wheat products contain opioid-like substances which are substances with amino acid sequences that are very similar to those found in opioid medications. These substances can set the stage for addiction, over-eating and binge-eating in individuals with undetected wheat sensitivity or with extreme sensitivity to the opioid sequences.
An allergy to to the gluten contained within the wheat may lead to a condition called Coeliac's disease. In Coeliac's disease, an allergy to gluten causes the erosion of the mucosal lining of the intestine, which may present with symptoms of bloating, flatulence, abdominal pain, diarrhoea and ultimately malnutrition. Other symptoms include irritability, depression, muscle cramps, joint pain, fatigue and menstrual irregularities in women. Avoidance of gluten-containing foods such as wheat, barley, spelt and rye is necessary.

Wheat intolerance is becoming increasingly common and may present with similar gastrointestinal symptoms as those found with wheat allergy. Intolerance may be to any component of wheat and not to the gluten alone. Besides gastrointestinal symptoms, other symptoms associated with wheat intolerance include fatigue, irritability and mood changes shortly after consuming wheat or wheat-containing foods. Wheat restriction or elimination is recommended depending on the level of sensitivity.

Suitable Alternatives to Wheat and Wheat-Based Products:

- Bread, pasta, noodles, cereals, crackers and flours made from the following grains or legumes: gluten-free products, oats (wheat-free), corn and cornstarch (wheat-free), soy, millet, buckwheat, quinoa, amaranth, tapioca, chickpea and chia. Rye, spelt and barley may also be consumed if one is not gluten-sensitive.

Please note that you will also need to restrict or eliminate any of the above grains or legumes if you have tested reactive to them.

Citrus Fruit

Grapefruit is part of the citrus family along with orange, mandarin, tangelo, grapefruit, ugly fruit, lemon. Grapefruit is also high in a natural chemical called salicylate. It is chemically related to aspirin, which is derivative of salicylic acid. Although natural salicylates are found in wholesome foods, some individuals have difficulty tolerating them even in small amounts. Symptoms of salicylate intolerance are urticaria, eczema, asthma, sinusitis, stomach aches and upsets.

Chili

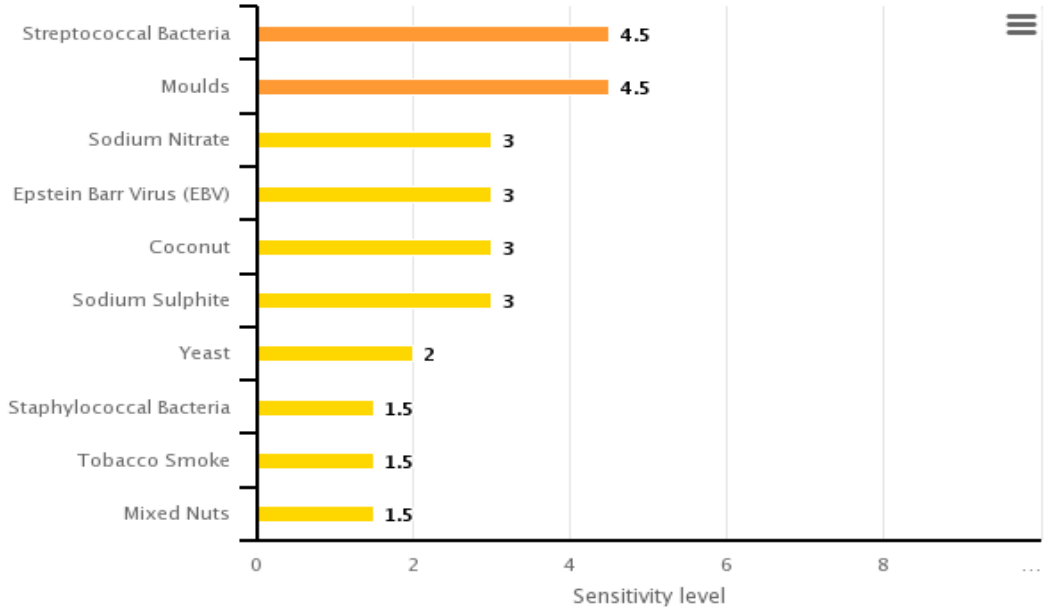
Chilli pepper is the fruit of plants belonging to the Capsicum genus, which belong to the nightshade group of fruits and vegetables. Chilli spice is intensely hot, mainly due to its capsaicinoid content and the intensity of heat varies between different plant varieties. Individuals have different tolerance levels for chilli peppers and can experience side effects due their spiciness.

True chilli intolerance is characterised by symptoms of severe heartburn, nausea, abdominal pain, flatulence and discomfort a couple of hours after consuming the spice. A skin rash may accompany the digestive symptoms. Chilli can aggravate inflammatory disorders of the gastrointestinal tract, such as gastritis, colitis and Irritable Bowel Syndrome (IBS). Symptoms usually resolve once the food leaves the body.

Apple

Intolerance to apple is not common, but when sensitivity to this fruit is present it may cause severe discomfort and distress. The most common symptoms include excessive bloating, belching or flatulence or a combination of these shortly after consuming the fruit. Symptoms may also be delayed and occur up to twenty-four hours after consuming the fruit. Symptoms normally improve once the fruit leaves the body. Anxiety and an imbalance of healthy bacterial flora in the gut may make the symptoms worse. Cooking peeled apples may help to reduce sensitivity as cooking may help to inactivate the enzymes that trigger symptoms.

Food and Environmental Sensitivity Assessment - Chronic Sensitivity



The Chronic Sensitivity scores for your Food and Environmental Sensitivity Assessment are explained below:

Score	Sensitivity Level	Score Evaluation
0 - 10	Chronic Sensitivity	Scores within this range indicate chronic or long-term sensitivity to a particular food or environmental compound. The higher the score, the higher the sensitivity. Recommendation: For food sensitivity scores in this range, we recommend eliminating the food from your diet for a period of 1 - 3 months, or until your symptoms have improved. Note: If you are eliminating a major food group for a period of time, please ensure that a suitable replacement is selected. Please see the individual profiles in this report for more information.

Streptococcal Bacteria

Streptococcal bacteria are normal residents of the upper respiratory tract and skin and live in balance with other flora. If allowed to grow to large enough numbers, these bacteria can cause illness and infections. Streptococci are characterised according to the area of the body that they infect: - these include (but are not limited to) pneumonia, strep throat, pharyngitis, tonsillitis, meningitis, vaginitis, sinusitis, cellulitis, scarlet fever, impetigo and toxic shock syndrome. Streptococcal infections are usually highly contagious and can quickly spread from person to person. The presence of Streptococcal bacteria in an Allergenics test indicates a previous infection or possible overgrowth of these bacteria, particularly in the respiratory tract or on the skin. It may also be indicative of a deeper bacterial dysbiosis (imbalance of healthy intestinal bacteria).

Moulds

Moulds refer to a group of spore-producing fungi that can range from being inert to highly pathogenic. Allergy to moulds is quite common and can trigger a range of allergic-type symptoms and can cause serious illness at the same time. Moulds tend to thrive in damp, humid environments which do not necessarily need to be warm. If mould is discovered growing in the home or office, it is important to safely remove it as soon as possible. Ventilate all rooms, an extractor fan in the kitchen can reduce the amount of moisture in the air generated from cooking, avoid having vinyl wallpapers, metal window frames and other house hold fittings that favour condensation. Check for signs of dampness and mould growth behind furniture and in cupboards, refrigerator doors often harbour black moulds. Replace any furniture, curtains, carpets or cushions that have been damp and smell of mildew

Mould may also be found on fruits, vegetables and nuts that may not be fresh, so it is important to select fresh foods for consumption. Do not have too many plants in the house. Remove dead leaves and flowers and do not over-water them. Heat the whole house well - don't leave rooms permanently cold and non-ventilated. Make sure clothes and shoes are thoroughly dry before putting them away.

Sodium Nitrate

Sodium Nitrate (Food Additive: 251) is a preservative used in canned and cured foods such as bacon, salami, ham, sausages, deli meats, hot dogs and artificially smoked fish. Sodium nitrate is also known as saltpetre and is used in the explosives and fertiliser industries. Once consumed, nitrates are converted by the body into nitrites and then further converted into nitrosamines. Nitrosamines are known carcinogens (cancer-causing agents) especially in infants and pregnant women and therefore nitrate consumption is not recommended for these groups

Allergy to nitrates is rare but may include classic oral allergy syndrome, skin rashes and headaches. Nitrates intolerance is common may provoke hyperactivity, skin reactions, headaches and diarrhoea. Manufacturers are required to declare these preservatives on food labels.

Epstein Barr Virus (EBV)

Epstein Barr Virus (EBV) is a prevalent viral infection that is spread through saliva. It is often referred to as the "kissing disease". It is the main infectious agent responsible for glandular fever. An individuals ability to cope with an EBV infection depends on their age and immune status. Recurrent symptoms may prevail for years after the initial infection, and in many individuals may experience chronic fatigue or post-viral syndrome. In sensitive individuals, disorders in hormone production, stress and immune deficiency may trigger a recurrence.

Coconut

The coconut palm (Cocos nucifera) is a member of the Arecaceae family of plants. Intolerance to coconut is not common but individuals with an intolerance of coconut may also have an intolerance to related foods such as palm and betel nuts. Individuals may also have an intolerance to hazelnuts or other tree nuts. Common digestive coconut intolerance symptoms include stomach pain and bloating. The symptoms appear to be dose-dependent (amount eaten) and usually improve once the food has been eliminated from the body.

Intolerance to coconut may also be due to its chemical compounds and the way in which the coconut has been prepared. These compounds include fructose, salicylates, amines, sulphites and fructans. Individuals with sensitivty to these compounds may not tolerate coconut flesh or milk but may tolerate coconut oil. Individuals with coconut intolerance may also react to topical preparations containing coconut derivatives such as coco butter and coconut oil.

Sodium Sulphite

Sodium Sulphite (Food Additives: Sodium sulphite 221, Sodium metabisulphite 223) including its variations bisulphite and metabisulphite, are preservatives used to stop the growth of moulds and microbes in foods and beverages such as dried fruits, fruit juices, cordials, syrups, fruit toppings, vegetable juices, tomato paste, mayonnaise, sausages, uncooked fresh prawns, pickles, dried vegetables, wine, beer, cider and ginger ale. Sulphite intolerance is common and its consumption is linked with asthma-type symptoms, skin reactions, diarrhoea, nausea and headaches in sensitive individuals. Manufacturers are required to declare these preservatives on food labels

Yeast

Yeast used for culinary purposes come from a group of yeasts called Saccharomyces cerevisiae. This yeast is used in baking bread, bakery products (Baker's yeast) and in the brewing of alcoholic drinks (Brewer's yeast). Baker's yeast encourages the growth of Candida albicans which is a species of yeast that is a normal part of the digestive flora. Under certain conditions it can grow and proliferate causing an imbalance in the normal digestive flora. Common symptoms of this include digestive complaints, fatigue, thrush, skin complaints and much more. Candida thrives on certain foods such as sugar-rich foods, and eliminating these from the diet will help to reduce their presence and bring the digestive flora back into balance.

Staphylococcal Bacteria

Staphylococcal bacteria are normal residents of the skin and live in balance with other skin flora. The most common is Staphylococcus aureus. If allowed to grow to large enough numbers, these bacteria can cause illness and infections such as folliculitis, boils, scalded skin syndrome, impetigo and cellulitis. They can enter wounds and their effect can cause serious bacterial sepsis. The presence of Staphylococcal bacteria in an Allergenics test indicates a possible overgrowth of these bacteria, particularly on the skin. It may also be indicative of a bacterial dysbiosis of the gastrointestinal system.

Tobacco Smoke

Tobacco smoke is an aerosol compound produced through the incomplete combustion of tobacco in cigarettes. The aerosol occurs in the form of a vapour and can rapidly dissipate through the air. A positive reactivity result may usually appear for smokers and former smokers. A positive reactivity result in non-smokers is suggestive of passive exposure to the compounds found in cigarette smoke.

Toxicity: The burning of tobacco can produce thousands of different chemical compounds most of which are toxic. Chemicals and chemical groups such benzopyrenes, tobacco-specific nitrosamines, aldehydes, carbon monoxide, hydrogen cyanide, benzene, toluene, phenols and aromatic amines are the most prevalent in cigarette smoke. There is now sufficient scientific evidence showing that many of these compounds are carcinogenic.

Mixed Nuts

This category refers to tree nuts and includes Almond, Cashew, Brazil Nut, Hazelnut, Macadamia, Pecan, Pistachio and Walnut.

Sensitivity to tree nuts is extremely common and if an individual has a diagnosed sensitivity to one tree nut, they may also be reactive to others.

Nut intolerance presents with milder symptoms than nut allergy. It is characterised by an inability to digest the protein and/or carbohydrate found in the nut. Incomplete digestion of the nuts leads to symptoms of intestinal bloating, excessive gas and diarrhoea. Individuals with a nut intolerance should avoid tree nuts and check food package labelling as some foods may contain undisclosed nut content.

Your Supplement Prescription

Name: Calvin Le roux
Date: 15 February 2017

Dear Calvin,
Upon reviewing your hair test results I recommend the following supplements coupled with elimination of the sensitive foods.

You can order your prescription online at https://allergenicstesting.com/?u=2225&o=29389&pre=2978,3109,3189

Metagenics — Ultra Flora Restore 30 Capsules
Metagenics Ultra Flora Restore is a probiotic blend containing therapeutic doses of three strains of probiotic bacteria, including the immuno-supportive supplement colostrum. It may enhance gut health and digestive function, support general wellbeing and may promote general gut health after antibiotic use.

Dosage: Take 1 - 2 capsules daily.

Price: $35.95

Metagenics — G-Tox Express
Metagenics G-Tox Express provides a combination of herbs and nutrients designed to support a healthy digestive system, enhance detoxification and assist in the elimination of heavy metals from the body. It also contains ingredients that help to alkalise the urine and support the elimination of toxins via the kidneys. It may also be used on a daily basis to support general detoxification pathways in the body.

Dosage: Take 1.5 scoops (10g), stirred in 150ml of fruit or vegetable juice, twice daily.

Price: $80.50

Metagenics — Allergeze
Metagenics Allergeze provides support for allergies. The ingredients may assist in the relief and management of allergies and hayfever, and support healthy immune function.

Dosage: Take 1 tablet 3 times daily.

Price: $50.50

To order your prescription online please go to https://allergenicstesting.com/?u=2225&o=29389&pre=2978,3109,3189. If you would like assitance with interpreting your results or additional dietary advice please feel free to contact us to make an appointment at: help@allergenics.co.nz

Kind Regards,

Natasha Berman.
Naturopath/Medical Herbalist
Director Allergenics Ltd

What do I do next?

1 Order Your Prescription

You may have received a nutritional supplement prescription with your test report. The recommended prescription may assist in bringing your body back into balance, together with all other recommendations in your report. Please contact us to order your prescription.

2 Book A Consultation

If you would like to further discuss your test results, or would like to get a more in-depth understanding of them, we recommend booking a consultation with one of our qualified natural health practitioners. Our practitioners will be able to advise you on how to fully implement the recommendations found in your reports. They may also address any health concerns that you may have. Please contact us if you would like to book your consultation.

3 Retesting

We recommend retesting at least 6 months after first implementing any dietary or nutritional changes. Please contact us if you require any further information on retesting.